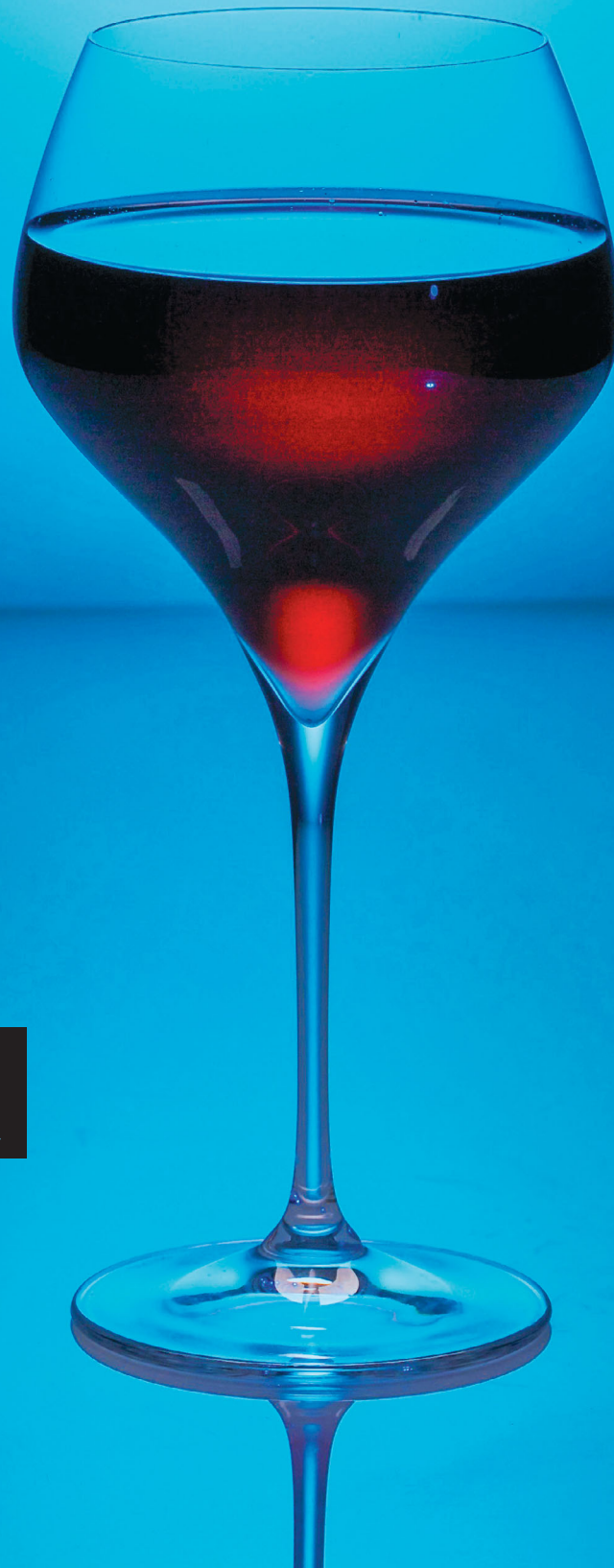


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Science-driven Minnesota wines pioneer the unforgiving North. *by Susan Du*

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★ FEBRUARY 24 ★

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★ MARCH 14 ★

★ MARCH 20-21 ★

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★ MAY 11 ★

★ JUNE 7 ★

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★ JULY 19 ★

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DECEMBER 4-10, 2019 CITYPAGES.COM 3



NOTHING BUT HEMP

How CBD can help you through the holidays

The Christmas and Chanukah seasons are upon us, and as the year brings families and loved ones closer to one another, it also brings them closer to stress and anxiety. The end of the year is hard on people. Money problems, cross-country travel and personal issues with family can sometimes bring stress and worry to people and signs of anxiety like suicide rates tend to be higher around the holidays.

Amid these worrying aspects of a traditionally cheery time of year, there's no wonder why people might seek out-of-the-box solutions, but there are also less weighty concerns: What to think up for that hard-to-buy-for family member, for instance.

One avenue thousands will be taking this year is the newly-minted market for CBD products, fresh from a yearlong innovation streak after the substance was federally legalized with 2018's Farm Bill.

Scientific conclusions are far from evident, but early studies have shown connections between CBD and the body's endocannabinoid system, or ECS, to regulate bodily functions. There's even a prescription epilepsy drug based on CBD.

Meanwhile, ordinary people have found many uses for CBD oils, flower and other products. Testimonials show they love CBD for their anxiety, insomnia, chronic pain problems, inflammation and other common issues.

What any newcomer to the CBD market, especially this time of year, will notice is that it can be hard to tell quality CBD products from junk. With the surge in the market there are so many newcomers and gas-station cannabis experts that you'd almost think trust is a four-letter word.

Luckily, Nothing But Hemp has made a name in Minnesota and around the country for its educational capabilities and high-quality, lab-tested products.

Because of how variable hemp products and their manufacture can be, the Nothing But Hemp team keeps monitoring on all the brands and product lines it keeps on its shelves, hand-selecting the best in the industry and dropping products that don't keep up with their standards.

With brands like Charlotte's Web CBD, Plant Diva CBD bath bombs and Wyld CBD vaping products, there's something at Nothing But Hemp for just about everyone.

House brand Siskiyow Sungrown CBD is an Oregon-based farm-to-table brand that has repeatedly proven to produce some of the highest quality organic, non-additive CBD oils. Minny Grown CBD also shows Nothing But Hemp's commitment to local growers and business. With fine CBD isolates and full-spectrum oils, Minny Grown's flavors include pumpkin pie, spearmint and lemon lime.

Nothing But Hemp has locations in Minneapolis' Uptown neighborhood on Lake Street and Lyndale Avenue and in St. Paul on Grand Avenue. You can also find Nothing But Hemp shops in White Bear Lake, Forest Lake, Cloquet and Maplewood, Minnesota. Stop by a Nothing But Hemp location soon for all your holiday wellness and gift-giving needs!

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THE SHORTLIST



Lindsey Port has nothing to do with Al Franken, but she is running for office
at citypages.com

GLEN STUBBE, STAR TRIBUNE

THE STAT SHEET

21.7

Inches of snow that blanketed Duluth this weekend, the city's ninth-largest two-day snowfall on record

34%

Increase in death rates for MN's young adults between 2010 and 2017—a larger rise than any other age group

403

DWI arrests in Minnesota over Thanksgiving weekend

\$7.4 billion

Record-setting Black Friday digital sales total in the U.S.

“Jägermeister helps.”

Reader Edle Føreid responds to “Surviving winter sickness: The Cities' 10 most healing dishes and drinks” at citypages.com.

MEDICINAL MN

MINNESOTA'S 18,000 medical marijuana users are about to have some company. The state health commissioner just approved cannabis use for chronic pain, along with some eye conditions, bringing the total number of weed-treatable afflictions in the state to 16. Petitions to add anxiety, insomnia, psoriasis, and traumatic brain injury as qualifying conditions were rejected (the commish cited a lack of scientific evidence), and the changes won't go into effect until August 2020. Even so, the Star Tribune reports that “at least one manufacturer predicted a doubling of medical cannabis patients” now that chronic pain is legally treatable.

POPULAR STORIES

AT CITYPAGES.COM

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Here's what they're trying to do about it.

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STREET SMARTS

Minneapolis cops to cyclists: It's 'not smart' to ride in snow and ice

Sunday evening was cold, but not an altogether unpleasant time to be out on a bike. Roads were slick, and plenty of bike lanes had gotten only a cursory plow. But if you're prepared—outfitted with lights and layers and studded tires, like Risa Hustad and Ward Rubrecht were on their way home—it was an okay night for a ride.

That is, until around 9:45 p.m., as the two waited at a red light heading west on 35th Street in south Minneapolis. That's when Hustad says a Minneapolis Police car pulled up and stopped in the oncoming traffic lane to the riders' left, and an officer rolled down a window to tell them: "It's not smart to be out for a ride tonight."

"I told them that it was a perfectly safe night to be riding a bike, but not a safe night for driving a car," recalls Rubrecht, who says the cops replied that it's "a lot safer" to be in a car.

"We had just come from pulling somebody out of a snowbank in their car," Hustad laughs.

Rubrecht (who has worked and written for City Pages) and Hustad tried asking officers for their badge numbers, but they drove off after the light turned green.

When Hustad posted their story on Facebook, other cyclists shared similar experiences from over the years. One recalled being shamed by an officer after a driver rear-ended their bike. Another, Christof Mitchell, said a warning about conditions was the kicker after cops pulled them over as they biked on Nicollet Avenue last winter.

"They asked me what I was doing," Mitchell says. "I told them I was working. They asked if they could look in my bag." Mitchell, a bike messenger, agreed, so long as it was quick—they were in the middle of a run. And then, "[The officers] said it's too dangerous to be biking out here. And



ANTHONY SOUFFLE, STAR TRIBUNE

told me to go home." Mitchell just nodded and continued with the trip.

"Bicyclists are welcome to operate their bicycles anywhere in accordance with state statute and city ordinance," MPD spokesman John Elder wrote in an email to City Pages. Per that ordinance: "As vehicle operators, bicyclists have the same rights and responsibilities as operators of any other vehicle on the road with certain exceptions."

Riding in icy conditions isn't one of them.

In fact, "Bikes are the only vehicles that are allowed to be on Minnesotan roads with studs on them," says Hustad, who plans to follow up with Minneapolis' third police

precinct about their encounter.

Rubrecht said the interaction left him with a lot of feelings: anger with police for buying into the idea that the safest transit option is to surround ourselves with "4,000-pound rolling sledgehammers of death," and frustration with their dissuading two law-abiding road users from exercising their rights, "rather than spending that time and energy ticketing drivers for failure to drive at an appropriate speed for the conditions."

"[It] makes me angry and scared for my fellow cyclists and pedestrians who are less privileged than myself or who were not riding in a pair," he adds. —EMILY CASSEL

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STREET TWEETS

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Science-driven
Minnesota wines
pioneer the
unforgiving North

By **SUSAN DU**

I. The taste of the wild

In an experimental vineyard 30 miles west of the Twin Cities, fruit breeder Matt Clark grasps the gnarled trunk of an emaciated grape vine and considers ripping it out of the frozen earth.

It's a braid of tendrils with shriveled pink berries and saw-toothed leaves that crumble in his hand. The arctic blasts of early November have left it weary. Clark's vineyard is brimming with 10,000 unique grape varieties, and culling this one will make room for another, potentially stronger cousin. Still, he's reluctant to mark the plant for death because it survived last winter's polar vortexes.

Clark heads the University of Minnesota's grape breeding program, and his goal is to develop fruit hardy enough to withstand the misery of Minnesota's winters. The essential idea was to mate *Vitis riparia*, an acid-punch of a grass-flavored grape growing wild in Minnesota, with old-world European varieties that are tasty but of frail constitution.

He does to grapes what the Austrian monk Gregor Mendel did to peas 300 years ago—cross-pollinating by hand and cloning new seedlings from cuttings—but in the year 2019 he enlists the help of mass spectrometry and DNA sequencing, technologies borrowed from modern mapping of the human genome.

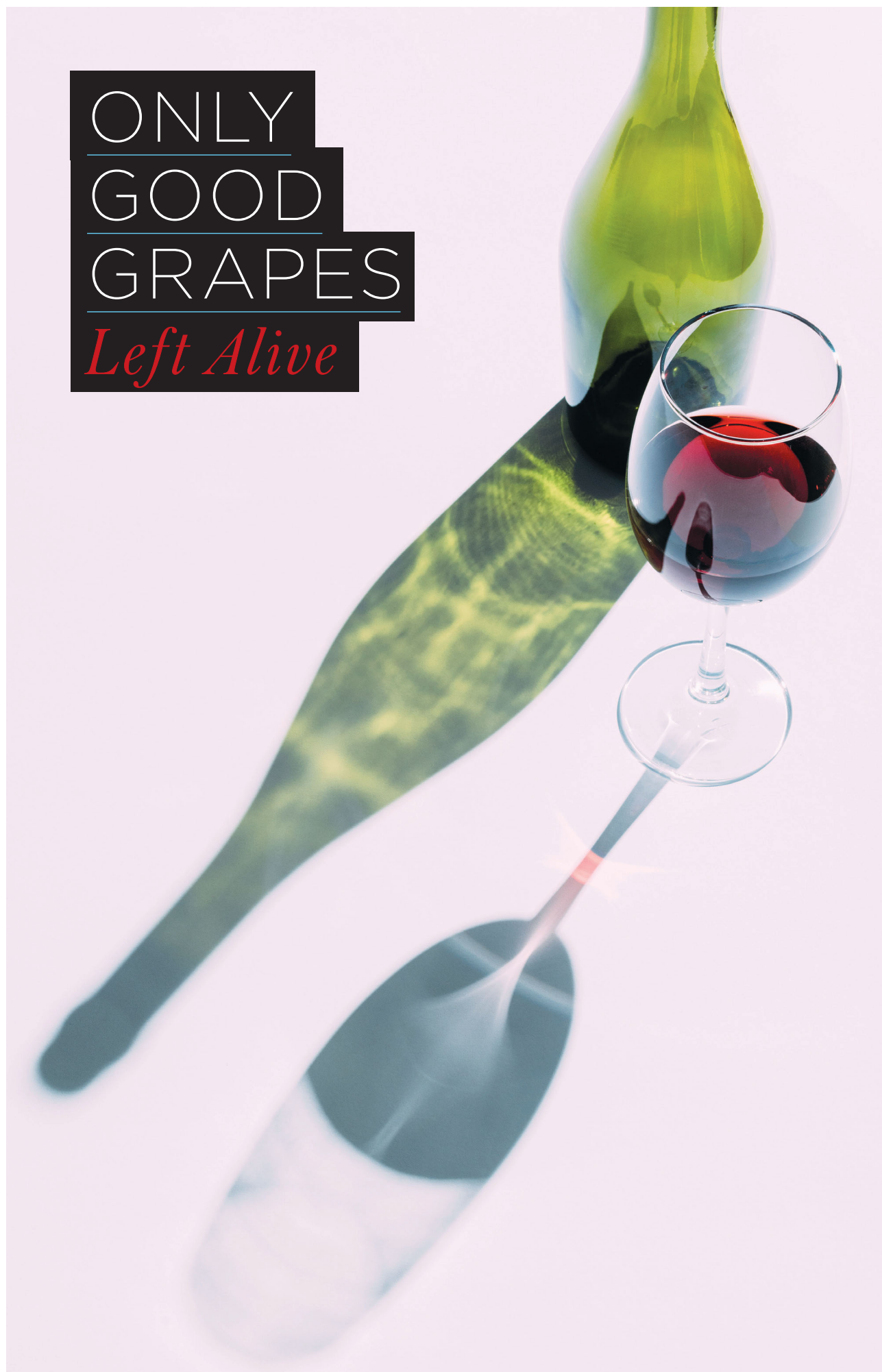
It takes the U about as much take to develop a commercial wine grape as it takes to raise a child. It could be five years before a vine bears fruit. If the fruit shows potential, it'll be cloned. Another five years pass before those clones produce enough clusters for winemaking. The most promising samples are deployed to farmers throughout the upper Midwest to perform under conditions of increasingly unpredictable adversity.

Grape breeding is slow, but the climate is destabilizing fast. Spring polar plunges, fall floods, and biblical insect invasions of recent years have thrown nature's calendar into flux. For scientists, breeding an ideal grape for Minnesota is like trying to score between moving goal posts.

The challenges of crafting a wine region in a place where none could exist without scientific intervention are enormous.

Yet since the U began grape breeding in 1908, it's released a handful of grapes now grown plentifully from Washington to New

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STAR TRIBUNE

York. They have names like Frontenac, La Crescent, Marquette, and Itasca, evoking river towns and the icy headwaters of the Mississippi. Each iteration improves upon the last in cold hardiness, flavor, girth, and disease resistance.

The wines made from these grapes are infants in the long scheme of humanity's winemaking tradition, which dates back to the Neolithic Revolution. Consumer tastes have already been established. The industry's gatekeepers are Europe's oldest winemakers, masters of a craft perfected hundreds of years before Minnesotans dared to entertain the possibility of growing wine grapes on North America's unsparing plains. Critics' minds are made up as to what constitutes "good" wine, a definition that almost always rejects northern varieties. Nevertheless, Minnesota competes.

II. "Where the grapes can suffer"

Minnesotans have been trying to make wine in the brutal north since 1880. Yet homesteaders who tried to transplant the grapes they'd grown on the East Coast found that none could survive its peerless winters.

A German immigrant came up with a grape called Beta, which was a second-generation cross between the Concord juice grape of New York and Minnesota's Vitis riparia. Too sour for fresh eating or winemaking, it was consigned to jelly.

The University of Minnesota began to study grapes in 1908 with humble ambitions of improving on Beta. But grape specialists were proles compared to the apple department's heavyweights (who are responsible for the Honeycrisp) and didn't release anything new until 1944.

Almost no one noticed. World powers were preoccupied.

Independent breeder Tom Plocher has raised super-hardy grapes through some of Minnesota's most dramatic winters of the past 30 years.

The Minnesota hybrids did make an impression on a Wisconsin dairy farmer, Elmer Swenson, who'd traverse the St. Croix to attend the U's open houses. He took some prototypes home and made crosses from them, toiling in obscurity for 25 years. When he returned to the U in the 1960s, the fruit of his life's labor surpassed what the scientists had come up with.

Many grapes in Swenson's repertoire, such as the Summersweet and Prairie Star, still carry the taste of the wild.

The first Minnesotan to open a winery was the eccentric Minneapolis lawyer David Bailly, who, according to his daughter Nan, wanted to work with his hands after a lifetime of working with his mind.

In 1973 he bought land down in Hastings, and put all six kids to work growing finicky French hybrids that had to be taken off the trellis, laid down on the ground, and covered with straw in winter like heirloom roses. Their slogan was, "Alexis Bailly Vineyards, where the grapes can suffer."

Cheekily, a beret-wearing Bailly told the Star Tribune in 1977 that the French master who owned the great Chateau Mouton-Rothschild once thumbed his nose at Napa Valley for being overburdened with sunshine.

"The baron maintained that great wine can only be made when the grapes suffer from drought, storms, snow, cold, etc.," he said. "Well, there is no place where the grapes could possibly suffer more and survive than here in Minnesota."

In 1984, the Legislature appropriated \$125,000 to establish a serious breeding program at the U. Horticulturist Peter Hemstad was hired to develop cold-hardy cultivars and kickstart a wine region.



STAR TRIBUNE

He recalls that California headhunters offered to double his salary if he'd move to Sonoma County and grow its common varieties.

While the top commercial grapes of the world were being cultivated to monocultural proportions, Minnesota offered the chance to explore the fruit's hidden genetic diversity. Grapes have more genes than humans, which means they come in all shapes and colors imaginable and can mimic the flavor of any other fruit on the planet.

Hemstad's debut was a black grape with blood-red juice called Frontenac, a first-generation descendant of *Vitis riparia*, now one of the most widely grown grapes in Minnesota.

As he picked clusters of it one year, he crushed a grayish berry on his hand. It left a smear of clear juice—a mutation potentially so profitable that word spread and someone cut the shoot nearly down to the trunk that winter, making off with the only bud in existence. A police report was filed. No one was ever arrested. Luckily, scientists nurtured a growth from the residual limb, which they quickly propagated and patented as the white wine variant Frontenac Gris.

Hemstad is now co-owner of Saint Croix Vineyards in Stillwater, which makes a white wine from La Crescent, another grape he bred with the same aromatic compounds found in apricot, tangerine, lime, and pineapple. Easy to drink, like a stern Riesling, La Crescent was what U scientists served visiting deans and dignitaries.

"We're all familiar with Cabernet, Chardonnay, Merlot, Pinot. They're great varieties, don't get me wrong. But it can get a little boring if that's all you drink all your life, and every restaurant you ever go to, you pick one and just cycle through."

"Just like Bud's a perfectly great beer, but there are other possibilities."

Tom Plocher examines the thickness of a grape leaf with a caliper.

III. Real. Minnesota. Wine.

On the western bank of the St. Croix River, where the midafternoon sun beat down over the bluffs, Northern Vineyards Winery was a mob scene on its final weekend in business after 41 years in the heart of Stillwater.

Northern Vineyards was the state's second-oldest winery, founded by a consortium of farmers called the Minnesota Wine Growers Co-op, which needed an outlet for its grapes. They were "Real. Minnesota. Wine," paying unapologetic homage to Elmer Swenson's legacy with bone-dry varietals.

The co-op members chose to liquidate because they were getting too old to maintain their vineyards, says general manager Dennis Youngquist. They couldn't convince their kids to inherit the hard labor of growing, pollinating, cultivating clusters, thinning leaves, and pruning vines in the midst of winter to collect a harvest that must sell or go to waste.

A late May frost could wipe out an entire season's crop. Too much rain in August could dilute the berries' sugar content, splits their skins, and expose them to egg-laying fruit flies. Grape growers can't can their harvest like corn. Winemakers can't brew year-round like beer, with shelf-stable hops and a recipe. Everyone has but one shot to make a palatable vintage.

Some years Northern Vineyards would have to source grapes from out of state, but never from the East or West Coasts, where everything under \$30 was starting to taste the same—like gentrification, Youngquist says.



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SUSAN DU

“When people go to a store, they don’t really understand how to read a label,” he says, pulling his last bottle of Edelweiss from a private shelf and showing off its Minnesota appellation. “When you see the word ‘American’ on there, it looks really patriotic, but it just means the juice is from anywhere.”

Farm wineries in Minnesota do a lot of business out of tasting rooms attached to their vineyards, where they get to pour and sell their own wines without a distributor. As a condition of licensure, the state requires them to source a minimum 51 percent of their grapes from within Minnesota.

Nan Bailly, who has run Alexis Bailly Vineyards since her father died in 1989, considers that “protectionism,” and an unconstitutional barrier to free trade.

In a 2017 lawsuit, Bailly and Tim Tulloch of Next Chapter Winery declared Minnesota grapes to be too acidic.

Significant crop loss in recent years has forced them to purchase grapes from other Minnesota growers, which are often twice as expensive as California grapes and of lesser quality, according to the suit. They say they need out-of-state juices to improve the flavor of their wine, and to make the warm-climate styles their customers still ask for despite all local wineries do to educate people about Minnesota grapes.

Every year that they import too much of their raw materials, Bailly and Tulloch have to file affidavits and apply for waivers from the Department of Public Safety. Such an exemption has never been denied, but they argue relying on the discretionary benevolence of the state is no way to run or expand a business.

“The state needs to give us a break. Consumers too, realizing how hard it is to make wines here,” Bailly says, surveying her vineyard the morning after the fall’s first frost. She predicted most of her primary buds are already tarnished, which means she won’t have a crop next year.

Steve Zeller of Parley Lake Winery and Erik Biermann of Minneapolis’ Inbound BrewCo partnered to create Halucidation, a 14 percent ABV Belgian Tripel beer infused with Frontenac.

“What about breweries with their Cascade hops? They’re not grown here. But Surly makes some of the best beer in the country, and I trust them to source the hops they need to make it. I’m still proud of them as a Minnesota brewery.”

Last year the federal trial court dismissed the suit, ruling that Bailly and Tulloch lacked standing because they didn’t have to choose the “farm winery” license with its unique privileges and caveats. But this summer the Eighth Circuit Court of Appeals revived the case, ordering the trial court to go ahead and make a call on the merits.

To survive, most Minnesota winemakers blend grapes of many regions. They have to update their vineyards as new varieties emerge from the University of Minnesota, or backyard breeders such as the retired Honeywell scientist Tom Plocher, whose Petite Pearl is one of the most commonly grown grapes in Wisconsin.

These aren’t casual transitions. Planting a newly invented grape is a long-term investment, and figuring out the best wine to make from them is an uncharted endeavor.

Parley Lake Winery’s Steve Zeller is about as close to a purist as it gets. Down in Waconia, he makes wines that are 95 percent cold-climate varietals, many of them Minnesotan.

But he didn’t start out that way. Parley Lake used to buy Syrah from Central Valley, California, and Chardonnay from the Russian River Valley. He didn’t think people knew about Minnesota grapes, and didn’t think he had time to teach everyone who came into the tasting room.

A libertarian part of him agrees with Nan Bailly. He resents red tape and gov-



RICHARD TSONG-TAATARI

ernment overreach in matters that have little to do with consumer health as much as the next small-business owner.

“But you know, people didn’t come to our vineyard and winery to buy stuff that was made from grapes in California.”

Zeller eventually cut his teeth on the U’s grapes, developed just three miles from Parley Lake, and came to believe that “pioneering” went to the heart of Minnesota’s identity as a wine region. Chardonnay belonged elsewhere.

“It’s kind of a once-in-a-lifetime experience that you get an industry created from nothing,” Zeller says. “Now all of a sudden there’s 70, and winemakers from California are coming here to work for them. It’s not quite mainstream. It’s underlying. It’s definitely more cult.”

IV. A new dialect

Despite the hardships, in 2016 Minnesota wine generated more than \$80 million and supported more than 10,000 jobs, according to the latest University of Minnesota Extension industry report.

In southeastern Minnesota’s Sogn Valley, where the Cannon River flows into Lake Byllesby, a 40-acre vineyard sits atop a limestone hill, surrounded by ravines that funnel the cold down.

The winemaker here is Sam Jennings, a Washington state transplant who used to work for a fine wine broker that sold first-growth Bordeaux and back-vintage bottles. He now presides over the semi-sweet Feisty Bitch brand at Cannon River Winery, which he calls the “wild west of winemaking.”

Naturally, critics are suspicious. Jennings has sent samples ad nauseum, in cases stamped “Minnesota,” to all the major wine publications. Most are so indifferent, they won’t even bother responding with a rejection letter.

Nan Bailly of Alexis Bailly Vineyard is awaiting a ruling on the legality of Minnesota’s farm winery license.

Ironically, the legendary wine judge Robert Parker, whose nose is insured for \$1 million, was the only one willing to give Cannon River a try. He rated its reserve red blend 87 on the 100-point scale he invented.

Jennings says taste is subjective. It’s about branding, the opacity of the bottle, the texture of the label, the ambience of the restaurant. Wine is complicated and daunting. A lot of people think their preferences reflect their discrimination and refinement, and fear being judged for making the wrong choice.

The psychology of the high-end collector market leaves it vulnerable to rampant scams. The most expensive wines in the world come from aristocratic estates the French government certified in 1855, even though the same region contains many smaller wineries selling far more modest bottles. In a famous blind tasting study, the winemaker Frederic Brochet duped enology students into thinking a white wine dyed red tasted “jammy,” like “crushed red fruit.”

“We’re not wine snobs,” Jennings says, with a sort of mad chortle. “It takes real skill to make decent wine out of the stuff we grow out here.”

“Half the time, weather’s the biggest thing we’re fighting. We triage-pick grapes every year. It’s not like, ‘The grapes are almost ready, the acidity and the sugars are almost there.’ It’s ‘Oh my god, the frost is coming, we gotta get this shit off before it rots!’”

In November, the U’s in-house winemaker, Drew Horton, went to Kansas City to judge the Jefferson Cup Wine Competition, which appraised more than 700 entries. He attends these contests to remind his palate of the world of wine beyond Minnesota.



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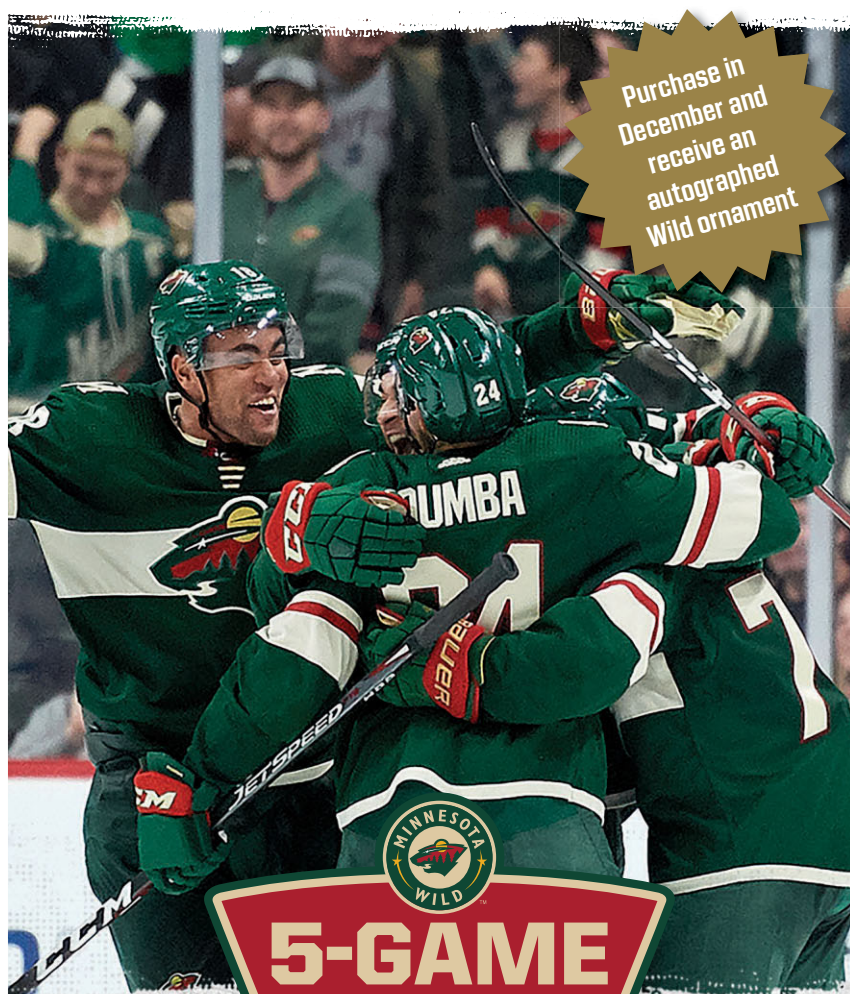
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Yet rarely will warm-climate winemakers think it necessary to keep abreast of their competition in the north, Horton admits. He was one of the exceptions, a former Santa Barbara winemaker who grew bored of imitating wines the Burgundians had already figured out. He moved to Minnesota to be among the first generation to work with its new grapes.

Horton grew up in a place where citrus and avocados grew in plenty. But it wasn't until he arrived in the Midwest, driving through an eternity of corn and soy, that the reality of the American farm economy dawned on him. It's harder than ever to make a living as a small farmer. As extractive corporations consolidate land and devalue crop, it's become nearly impossible to survive on 40 acres of land the way it used to be.

"These darn cold-climate crops, whether they're grapes, apples, you name it, give this beating heart of agriculture, which is Minnesota, a way to diversify their enterprise and enhance the value of their land," Horton says.

A mature vineyard could produce three tons of grapes an acre, and the minimum a winemaker will pay for Minnesota grapes is \$1,500 a ton. That's \$4,500 an acre of fruit, or \$45,000 worth of wine—far more than the price of beans. Every winery that opens a tasting room creates a dozen local



SUSAN DU

jobs, state and federal tax revenue, and a reason for city slickers to visit the open country, stay in small-town hotels, and fill their gas at a local pump.

For now, no one thinks of wine as greater Minnesota's *raison d'être*. A lot of startup wineries host concerts and weddings, doing all they can to keep the business afloat as Minnesotan tastes develop.

Every winter, the Winery at Sovereign Estate drapes Christmas lights over all 50

Sam Jennings of Cannon River Winery pours samples of wine made from Brianna, a Minnesota white grape developed by Elmer Swenson.

acres of its vineyard, where Marquette, La Crescent, and Frontenac Gris grow on a south-facing slope on the north shore of Lake Waconia.

Winemaker Ben Banks' hope is that a decade down the road, young adults

will look back on the photos they took with their parents and think of Sovereign Estate as part of their Minnesota culture.

Just as Lake Waconia's prized walleye is meant for pan-frying rather than sushi, Banks believes that Minnesota's grapes are destined for something other than old-world flavors. The climate yields certain clues as to what that might be, he says. Minnesota grapes have inherently stronger, fruit-forward aromatics. They have higher acidity, so wines will be crisper on the palate. Lower tannins means they won't be as chalky, astringent, or parching.

"That to me means the wines want to be bright. They don't want to be too earthy. They would rather be fresh fruit, and don't want to be overwhelmed by oak."

But if the Minnesota appellation means anything in specific, Banks doesn't know—yet. Should the region ever develop a distinct wine dialect, it can't be forced, he says, just as consumers' minds won't change overnight.

"You engage people as they're ready. There are a lot of wine regions in the country that have bootstrapped the industry from nothing," Banks says. "It takes about 25 years for that to happen, because almost a whole generation has to be born into it and say, 'This is who we are, and we like it.'" **CP**

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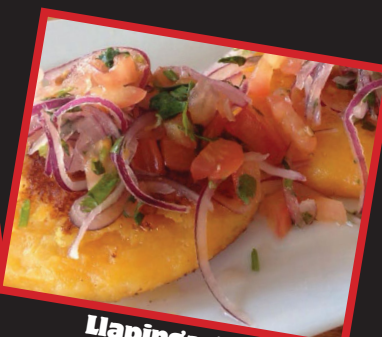
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BY SARAH BRUMBLE

Travel, stress, booze, blizzards (plural), anxiety.... Depending on how you look at it, we've either described Thanksgiving 2019 in hindsight or a recipe for How to Get Sick this December. Maybe both?

Either way, we've now entered peak running-on-empty season. So we at City Pages put together a lifetime of leaky sinuses, gurgling stomachs, and aching bones to draft this survival guide in hopes of carrying you through this time of great expectations and great expecorations.

Draw upon it when you need strength.

This could mean ordering delivery or takeout (ideally fetched by someone else, while you remain cocooned on the couch, or floating in an Epsom salt bath). Other times it involves rooting through your fridge to eat the only "healthy" thing that hasn't rotted. No judgment!

Survival is a winter sport. Please accept this box of Kleenex as a trophy.

SOLIDS + LIQUIDS + HEAT (GO HAND-IN-HAND-IN-HAND)

Good Curry

Spice fiends know you've got to blast out those sinuses, and show the bug who's the boss of the house (read: your body). Sober Fish in Minneapolis has seven killer curries to choose from, depending on which part of your face needs to drain. We recommend the Green Curry, aka "the queen of all curries," but you do you.

Pho

There's a contingent among us who will go hard for the build-your-own remedy in pho. The variation in ordering alone is astounding—whether brisket or meatballs, vegetarian or a dark horse chicken variation. Toss in the crunch factor brought by a plate of fresh sliced jalapenos, a plant's worth of Thai basil, mixed with fistfuls of bean sprouts, and there's no possible way you'll finish a bowl feeling worse than when you first slurped.

Cheap Ramen That Will Make You Sweat

Can't leave the house? Keep a few packs of under-two-dollar Samyang spicy chicken ramen in the cupboard. All of them burst to life with a fried egg and fresh kimchi. Available at United Noodle, Shuang Hur, or your favorite Asian bodega, Samyang offers a variety of "spicy chicken"

varieties (from Mala, with its slightly numbing szechuan peppercorn tinge, to a weirdly delicious cheese flavor) that cook in five minutes.... But beware their "2x" flavor packaged in red. It's rated at more than 8,800 on the Scoville scale, and is so hot that Mukbangers treat it like a challenge.

Wonton Soup

For the non-spice-lords among us, wonton soup is the universal answer. Evergreen (RIP) once served a champion rendition, but the heir to the throne belongs to Rainbow Chinese's wonton mein, with its subtle broth punctuated by scallion and toasted garlic. From those who were fed it by their mothers to others who found it

later in life, do not sleep on wonton soup when you cannot sleep.

BACK TO BASICS (FOR WHEN YOU JUST NEED PADDING FOR THOSE SIX IBUPROFEN FROM EARLIER)

Eggs

You probably have eggs. Hard-boil them all. You can do this. Set yourself up for nine meals at once.

Vegetable Dregs

How about baby carrots? Sure, you never eat them (which is why you're probably sick right now), but that means you still have them. Good news is, these little turds

are sorta like honey, in that they almost never go bad (but unlike honey, because it actually never goes bad). Root around in your fridge. They're full of vitamins. Eat them now.

Quesadillas

Try making a quesadilla. Shred that cheese. Slap a tortilla in a pan. Chow down when it's toasty-gooey.

But what if you actually can't use a pan (due to sickness or genuine ineptitude)?

Taco Bell delivers. Their handy-dandy website will get a quesadilla to your mouth. (We're not responsible if you add Diablo Sauce.) Mothering yourself is important, especially when you're sick. And sometimes "mothering yourself" involves ordering TBell without shame. Learn to use a pan when you've recovered.

LIQUIDS (ARE THE EASIEST, BUT LEAST HELPFUL, ANSWER)

"Kids Juice"

At the first sign of illness, procure a gallon of Minute Maid Kids+ Orange Juice and drink it in a single day. Yes, that's a lot of sugar, but it's also a lot of liquid and the carton contains not only a smiling orange face but also a metric ton of vitamins A, B, C, D, E and calcium. Once it's out of the fridge, just never put it back in. Carry it around with you like a weird little friend. Those are the rules. They've worked for decades. Game over.

Ginger Ale

Canada Dry ginger ale tastes like cheap champagne when you're sick. The bubbles are comforting (as are the burps). Plus: You started feeling like shit, not the other way around!

Hot Toddlies

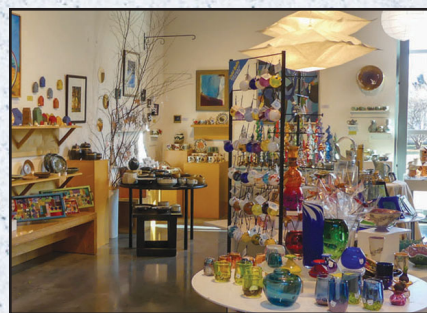
We'd be remiss if we didn't remind that hot toddies work. (They've done studies, okay?) To be clear: We're not telling you to go down a bottle of Bulleit. But fall down the rabbit hole of googling the magical properties of honey long enough and you might see our point. Besides, a little nightcap pointing toward a more solid slumber definitely helps in recuperation (removing all claims to the ingredients' supposed powers).

Just remember: Moderation in all things, adjust all ingredients according to taste, and... this too shall pass. 🍵



RICK NELSON

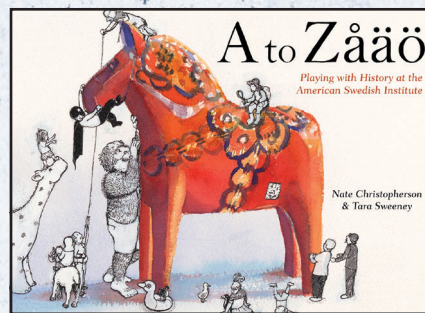
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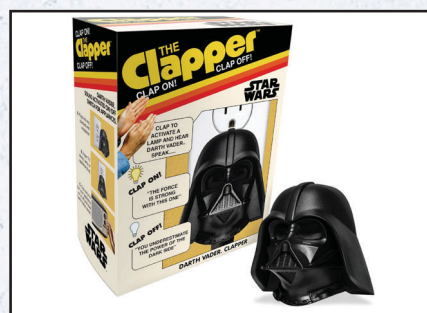
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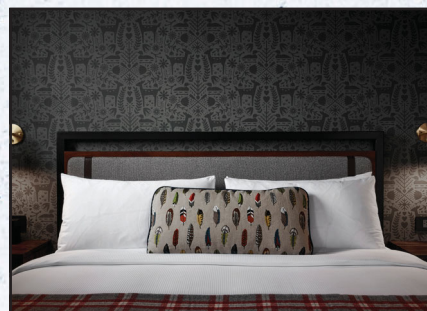
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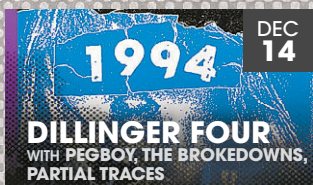
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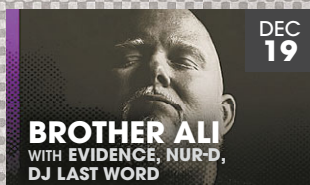
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WITH FRANKIE LEE

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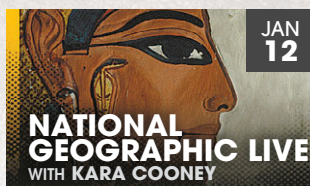
LOW CHRISTMAS SHOW

DEC
13



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NATIONAL GEOGRAPHIC LIVE
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12



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WITH ELI TEPLIN

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FINE LINE



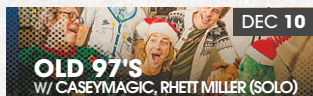
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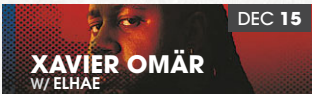
MATTHEW MAYFIELD
W/ EMILY HAAVIK

DEC
10



THE JOY FORMIDABLE
W/ TWEN

DEC
14



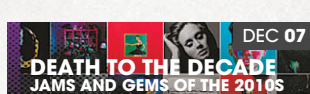
XAVIER OMÄR
W/ ELHAE

DEC
15



KADAVAR
W/ RUBY THE HATCHET

DEC
21



DEATH TO THE DECADE
JAMS AND GEMS OF THE 2010S
W/ ANDER OTHER, CHRIS CLOUD, FoolProof

DEC
07



THE ARCANES, IRIE MINDS, AND THE MORNING KINGS

DEC
11

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W/ DAUGHTER OF SWORDS

DEC
04



ALL TOMORROW'S PETTY
W/ TRIVIA MARIA'S SEAN MCPHERSON PRESENTS PETTY QUESTIONS

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W/ RAMONA, NIGHT DANGERS

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DEC
11



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"I've been touring a lot, which sometimes leaves me feeling a little discombobulated and slightly confused about where I am," reports comedian Sean Patton. "But it's great to do shows and perform for a living. It's all I ever wanted." After spending much of last year overseas, Patton has mostly been traveling around the U.S. He sometimes misses those foreign audiences and places, though. "Australia is the coolest," he notes. "It doesn't feel that foreign. Yeah, they drive on the opposite side of the road, have some weird eating habits, and drink like they're trying to prove something, but ultimately it feels very similar." Patton isn't much of a partier these days, no matter the country. "I don't smoke much weed," he tells an audience. "I'm all about legalizing it, but I'm one of those people it really affects. Every time I smoke weed, there's an 8 percent chance I'm going to suddenly realize how many people are wearing hats, get weirded out by that, and leave." 18+. 8 p.m. Wednesday through Saturday; 10:30 p.m. Friday and Saturday. \$20. 708 N. First St., Minneapolis; 612-338-6393. **Through Saturday** —P.F. WILSON

THURSDAY 12.5

DANCE

THE SUN STILL BURNS HERE

WALKER ART CENTER

The bold-face name here is Mike Hadreas, aka Perfume Genius, who holds audiences rapt as he conjures, through his moving body, a delicate yet defiantly queer performance, giving a lilting voice to the rawest of intimate emotions. The fact that Seattle's Kate Wallich, known for crafting dance worlds of gothic minimalism through a combination of classical and contemporary choreographies, has been paired with Hadreas is, well, pure genius. Together (and with Wallich's company, The YC), they've fashioned an immersive, multimedia work in which bodies

Kate Wallich and her dance troupe, the YC, team up with musician Perfume Genius for three nights at the Walker.



AGUSTIN HERNANDEZ

undergo a sensual yet harrowing descent before transcendence. 8 p.m. Thursday through Saturday. \$35. 1750 Hennepin Ave. S., Minneapolis; 612-375-7600.

Through Saturday —CAMILLE LEFEVRE

BARHOPPING

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THE DEPOT

Whether you're hosting a holiday party this season and in need of some cocktail inspiration or you just want to get toasted, either (or both!) can be accomplished at Cocktailian. You'll have access to booze made by over 20 distilleries, many of them local. The list includes Minnesota makers like Prairie Organic Spirits, Tattersall Distilling, Loon Liquors, Royal Foundry Craft Spirits, Bent Brewstillery, and 11 Wells, to name a few. Try offerings neat or sip them in a mixed drink. Last year's creations included a mini Bloody Mary, a baby martini, and hard seltzer. Bittercube's station often has new drinks to try on the hour, and will also be offering demos at various points of the evening. 21+. 7 to 10 p.m.; 6 p.m. VIP admission. \$30-\$40; \$45-\$55 VIP.

300 S. Washington Ave., Renaissance Minneapolis Hotel, Minneapolis; 612-339-2253. —JESSICA ARMBRUSTER

FRIDAY 12.6

HOLIDAY/THEATER

THE HOLIDAY PAGEANT

OPEN EYE FIGURE THEATRE

"It was just this little weird thing that we did," says director Michael Sommers about the origins of what became Open Eye Figure Theatre's *Holiday Pageant*. "We made it in the living room. We had a young show, and then an adult show, and there was mulled wine. We did a couple of nights, and then the next year 100 people showed up in the living room." That was in the 1980s, but the wildly creative production draws on an even older tradition: the medieval practice of telling sacred stories with secular panache, mixing bawdy humor and genuine wonder. From the pageant's DIY beginnings, it grew to a fully staged spectacular at the Pantages Theatre before scaling back down to Open Eye's current storefront space. Now the company is bringing the pageant back after a half-decade hiatus. "My children

are actually performing in it," says Sommers, "which kind of brings it back to where it came from." Incorporating live actors, live music, and the company's world-renowned puppetry, the pageant's return will be cheered by the multigenerational fans of Minnesota's most wickedly entertaining Christmas story. 7:30 p.m. Thursdays through Saturdays; 4 p.m. Saturdays and Sundays. \$12-\$26. 506 E. 24th St., Minneapolis; 612-874-6338. **Through December 22** —JAY GABLER

HOLIDAY

HUB FOR THE HOLIDAYS

UNION DEPOT

Last week, Holidazzle kicked off in Loring Park. This week, St. Paul's winter party begins, offering a variety of winter-themed fun. This Friday will feature a tree-lighting ceremony at 6 p.m. There will be a singalong before plugging in the giant tree on the front lawn, followed by a fireworks show and a double-header screening of *Elf* and *The Polar Express*. Meanwhile, on the East Plaza, you'll find the annual European Christmas Market. Shop for

CONTINUED ON PAGE 20 ►

A-LIST

The Union Depot has big plans this holiday season.



KRIVIT PHOTOGRAPHY

CONTINUED FROM FRIDAY ►

handmade items, enjoy traditional eats like sausages, mulled wine, and sweets, and take in live music and dancing. Santa, his reindeer, and Krampus will also be stopping by Fridays through Sundays each week. The Canadian Pacific (CP) Holiday Train is visiting on December 10, and the much-loved Holiday Bake Sale is set for December 14. Find the complete schedule of events at uniondepot.org/holiday. The market hours run: 4 to 9 p.m. Fridays; 10 a.m. to 8 p.m. Saturdays; 11 a.m. to 6 p.m. Sundays. The market and tree lighting are free; tickets are required for some upcoming events. 214 E. Fourth St., St. Paul; 651-202-2700. **Through December 22 —JESSICA ARMBRUSTER**

FILM

YOU BETTER WATCH OUT

TRYLON CINEMA

There's something creepy about Santa Claus, an eternal being whose elf minions spend the year spying on the children of the world, all so their sovereign can break into homes on Christmas Eve to render his verdict of naughty or nice. Those labeled miscreants can at least consider themselves lucky to merely receive a lump of coal as punishment, unlike the unfortunate souls facing the homicidal judgement of a psychotic Santa impersonator in *Silent Night*, *Deadly Night* (1984). Giddily unhinged, the notorious film represents just one of five perilous depictions of the holiday season offered in the Trylon's wonderfully wicked series, You Better Watch Out. In the highly influential slasher classic *Black Christmas* (1974), a serial killer lurks within a sorority house, preying on unsuspecting co-eds over their holiday break. Switching to the Finnish Korvatunturi mountain range, the darkly fantastical *Rare Exports: A Christmas Tale* (2010) presents the deranged mayhem that results when a viciously vengeful Santa is unleashed from earthbound

imprisonment. The assumed Kris Kringle of French thriller *Dial Code Santa Claus* (1989) is no less malevolent, as he stalks a young boy who defends himself with an arsenal of cunning booby traps. Closing out the series in anarchic style are hordes of mirthfully malicious *Gremlins* (1984), who terrorize an entire town as they run amok with murderous Christmas glee. 7 and 9 p.m. Fridays and Saturdays; 5 and 7 p.m. Sundays. Showtimes do vary, so check trylon.org for a complete list of times. \$8. 2820 E. 33rd St., Minneapolis; 612-424-5468. **Through December 29 —BRAD RICHASON**

SATURDAY 12.7

THEATER

THE EVER AND AFTER

THE CRANE THEATER

In her post-apocalyptic sci-fi parable *The Ever and After*, playwright Rachel Teagle attempts to reconcile our contradictory impulses to create and destroy. This entertaining journey is led by Thurston, a cockroach with the intellect of a genius. He and his feral human sidekick set out to explore the debris of society and soon stumble upon a robotic woman. This unlikely trio examines the hapless legacy of humanity, seeking a cause for our collapse and an understanding of our future prospects. Rife with contemporary themes, an early draft of *The Ever and After* was named the 2012 recipient of the Leah Ryan's Fund for Emerging Writers. Further refined by workshops and readings, the play is a startlingly relatable dystopian tale with a world premiere staging courtesy of Theatre Pro Rata. Visit theatreprorata.org for reservations. 7:30 p.m. Fridays through Sundays, plus Monday, December 9; 3 p.m. Sunday, December 22. \$14-\$41 sliding scale at the door; Monday night is pay-as-able. 2303 Kennedy St. NE, Minneapolis; 612-548-1380. **Through December 22 —BRAD RICHASON**

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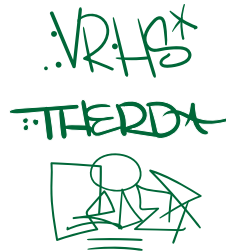
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FILM

WAVES OF FEELING

A24's latest is an emotional gut-punch of a film—and one of the year's best



A24

BY TONY LIBERA

Waves takes on a lot in just over two hours—teenage romance, drug abuse, cancer, pregnancy, toxic masculinity, sports culture, the difficulties of parenthood, the black experience in America—yet it never feels shallow, fragmented, or dense. In fact, it's one of the year's best films.

A tale told in two parts, *Waves* explores the strained relationships of a Florida family undone by tragedy. Its structure and tone feel reminiscent of *The Place Beyond the Pines*, but director Trey Edward Shults brings enough of his own perspective on family matters to make *Waves* feel fresh. The beginning focuses on Tyler Williams (Kelvin Harrison Jr.), an 18-year-old wrestling star who's pushed so hard by his father (Sterling K. Brown) that he'd rather steal the old man's painkillers than reveal a serious shoulder injury. In the second half, the POV shifts to Tyler's sister Emily (Taylor Russell), who navigates the pitfalls of high school and her own difficult relationship with their father.

Waves is yet another movie in the A24 stable that shows filmmakers playing with unconventional storytelling devices as well as interesting technical components.

Schults leverages lens swaps and mixed aspect ratios to create a moviegoing experience that physically changes in a way few others do. I mentioned in my review of *The Lighthouse* that while ratio twists have become all the rage in indie filmmaking, they rarely feel motivated. *Waves* bounces between 1.33, 1.85, and 2.40 framing, yet the shifts serve a clear purpose both in the immediate moment of change and as a mood modifier in the scenes that follow. Jumps between spherical and anamorphic lenses produce similar results. And while every moviegoer may not consciously care about these subtleties, their effect on the vibe is undeniable.

General cinematography takes the same route, as man behind the cam Drew Daniels pulls off the impressive feat of making *Waves* feel organic even though certain moves blatantly call attention to the craft. Case in point: *Waves* opens with a car barreling down the Florida highway. Most filmmakers would just put the camera on the dash or in one of the seats, but Shults and Daniels position it at the center console and spin it around for the entire scene. I'm still wondering how exactly they pulled it off. As first shots go, it's one for the books: an optical standout that relates endless possibility and a sense of impending doom.

WAVES

directed by Trey Edward Shults
area theaters, now playing

This movie is beautifully shot; however, its terrible events will likely push that to the back of your mind in the moment.

Beyond visual achievements, *Waves* functions as a phenomenal character setup and devastating emotional hit. It's well cast overall, but Harrison Jr. and Brown give knockout efforts. The former will likely get overshadowed due to Brown's popularity, but for my money, Harrison Jr. gives one of the top five performances of the year. Keep an eye out for this guy; he's got the right stuff.

This has been a great year for movies—and with *High Life*, *The Lighthouse*, *Midsommar*, *The Last Black Man in San Francisco*, and *Uncut Gems*, another crazy run for A24—so it will be interesting to see how *Waves* fares on the awards circuit. The Oscars are meaningless, but when it comes to a humble indie flick with a lot of heart, you can't help but root for some success. The mechanics of award selections mean tough choices for A24 given their output. Still, it's not unreasonable to think *Waves* has best actor and best picture potential. **C+**

PEACE ON EARTH

All Is Calm is a deeply moving tribute to the Christmas Truce of 1914



DAN NORMAN

BY JAY GABLER

Given that Minnesota didn't send troops to the Great War until December 1917, it may seem incongruous that our state has emerged as a hub for musical tributes to the Christmas Truce of 1914.

Despite the Scandinavian stereotypes, though, Minnesota's largest ethnic group is German. Among the audience members audibly choking up during Sunday's performance of Theater Latté Da's *All Is Calm*, there may have been those whose parents told stories of when authorities tried to eliminate the German language in the state and suggested deploying armed patrols in New Ulm.

All Is Calm, originally developed by the company with Cantus Vocal Ensemble in 2007, has toured nationally and will soon reach an even broader audience: The production now onstage at the Ritz Theater is being filmed this month for a PBS broadcast next year. (In 2011 the Minnesota Opera premiered *Silent Night*, a different show about the same events; that opera went on to win the Pulitzer Prize for Music.)

All Is Calm is a departure from Latté Da's extravagant productions of musicals like *Assassins* and *Chicago*. Performed a capella on a bare stage with minimal costume changes and just a few props, *All Is Calm* is a theatrical concert for a cast of 10 men.

Historical texts provide a soldier's-eye view of the conflict and the unexpected ceasefire, seen largely from the British perspective. Succeeding sections touch on "The Optimistic Departure," "The Grim Reality," "The Truce," and "The Return to Battle."

ALL IS CALM

Theater Latté Da
345 13th Ave. NE, Minneapolis
612-339-3003; through December 29

Musical selections range from marching songs to, of course, Christmas carols.

The show is designed to flow without interruption, so there's no applause until the very end and the theater is sometimes so quiet that you can hear the patter of prop snow sprinkling onto the stage. Writer/director Peter Rothstein precisely conducts his fluid ensemble, telling the story through movement, text, and song.

It's not a surprise that public television would take interest in *All Is Calm*; its emotional texture is akin to a Ken Burns documentary, informative yet contemplative, with period music providing the current that pulls the narrative along. As a live performance, though, *All Is Calm* asks you to be very much present with the onstage performers and the ghosts they summon.

The singing is sublime, with arrangements ranging from solo voices to a swelling mass; Timothy C. Takach and music director Erick Lichte have crafted richly textured versions of songs, including the climactic "Silent Night," delivered by some of the area's most remarkable voices. Standouts include the pure-voiced Evan Tyler Wilson, a vulnerable Riley McNutt, and the earth-shaking James Ramlet.

See *All Is Calm* on stage; in your living room it just won't be the same. However you experience it, the show is a moving meditation on a rare moment when humankind's better angels were allowed to prevail. **C**

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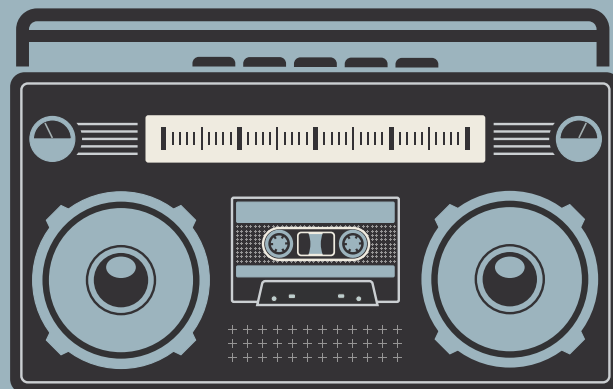
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Bad Bad Hats



ZOE PRINDS-FLASH

WHAT'S IN A NAME?

The untold origin stories behind the Twin Cities' most distinctive band names

BY JERARD FAGERBERG

Naming a baby is probably easier than naming a band. Children's names are typically recycled from one generation to another, and most don't get plastered on record covers, theater marquees, and T-shirts.

The pursuit of a poetic, Googleable band name has led local bands to some odd places, and there's often a story behind some of the oddest. This week, I played the Annoying Coworker and asked some Twin Cities' musicians how they named their babies.

Bad Bad Hats

When the AV Club included Bad Bad Hats on a 2016 list of "funny, bad, funny-bad, or otherwise notable" band names, they missed the *Madeline* reference. Most people do.

But sure enough, singer Kerry Alexander was inspired by a 1991 TV short wherein the titular redheaded schoolgirl dubs her misanthropic neighbor Pepito a "bad hat."

"If I was causing trouble or being naughty, my parents would be like, 'Are you being a bad hat right now, Kerry?'" Alexander explains. "And I hated being called a bad hat. I was a good hat."

When Bad Bad Hats were forming at Macalester, the phrase popped back into

Alexander's head. Pepito was a fitting muse for a band that sounded so innocent while singing about revenge sex.

"It was a nice balance," Alexander says. "I was trying to start an indie rock band that made sweet music, and we had this cartoon troublemaker as our mascot."

Bob Ross Mob Boss

Sometimes genius is simple. City Pages' 2019 Best Band Name winners Bob Ross Mob Boss had their aha moment in a group chat.

"Both [bandmate Braden Fischer] and I spend a lot of time tossing around puns," singer Aaron Frederick says. It was Fischer who threw out the painter-based double rhyme. "We actually have a screenshot from the exact moment we decided on it. We just thought it'd be funny and went with it."

Other names that popped up include Pfft and Vegan Cannibal. There was one more option that's equally as absurd as Bob Ross Mob Boss, but the band's saving that one for the name of their forthcoming EP.

Tickle Torture

Elliott Koziel first conceived of Tickle Torture as a children's music project, but soon he realized parents might blanch at a fetish-themed band with "torture" in the

name. That wasn't the end of the line for the moniker, as it re-emerged around the time Koziel started wearing glittery face masks. "I changed that project name to Googly Guy," Koziel says. "Then a year or so later, I started making sex-pop music and realized Tickle Torture might be a good name for the project."

Lunch Duchess

Lunch Duchess is a name frontwoman Katharine Seggerman had in her mind since she first moved to Minneapolis in 2014. The name was even considered when she was founding her previous band, B.O.Y.F.

"When I was rather deep in my depression and living with [former member Nicky Steves], they would cook incredible food that I would bring into work in little Tupperwares," says Seggerman. "I felt like the queen, or at least duchess, of lunch."

Steves worried that the name would be "too silly to take seriously," but it stuck. Blame it on the pleasing assonance, or Seggerman's full-tilt commitment to the bit on the cover of EP *My Mom Says I Have a Rich Inner Life*.

Fragile Canyons

Fecal Cannons. Family Circus. Futile Clam Mans. People just can't seem to get the name Fragile Canyons right. I accidentally dubbed the band Fragile Crayons the first time I wrote them up.

"I don't think our name was correct on any piece of press, concert poster, or marquee for at least two years," says singer Andy Engstrom. "We did a T-shirt giveaway earlier this year to see who could come up with the best fake band name, and the winner was Fugly Crackers."

Despite Engstrom's lighthearted memelord on social media, Fragile Canyons' music is vast yet introspective, two aspects of the band the songwriter wanted to capture in one turn of phrase. Inspiration struck when he was sorting his records, and he saw Yes's *Fragile* sitting next to Joni Mitchell's *Ladies of the Canyon*.

"I was trying to make music that was musically interesting but still personal and intimate," Engstrom explains. "So I thought I would combine the two."

Smellkin Ernesto

Adopted as a baby from Bogota, Colombia, Eric Johnson didn't see his adoption paperwork until he was 18. That's when he discovered his birth name.

"I had an original Colombian birth certificate, and my biological mother did name

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7:00PM
TO
10:00PM
—
\$30-\$45

City Pages Fifth Annual Cocktailian will feature a variety of libations from local and national distilleries & wineries. From neat sips of craft spirits to 3 oz. pours of signature cocktails, guests will have the opportunity to indulge in 15+ premium samples coming from the Twin Cities and beyond.

THE DEPOT

300 S Washington Ave • Minneapolis

DEC
07-22

The Ever After

7:30PM
TO
9:30PM
—
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A super-intelligent cockroach and his feral human ward discover a robotic woman in the ruins of civilization. Together, they must put aside their differences and venture into the belly of the human settlement to find the truth about this new world. A world premiere by by Rachel Teagle, directed by Sofia Lindgren Galloway.

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Email mike.feld@citypages.com for more info

the Parkway

48th & Chicago Avenue
Minneapolis



Thursday, December 5 || 8:00 pm
GREMLINS (1984) // 35MM

Friday, December 6 || 8:00 pm
SCREAM IT OFF SCREEN
December Short Film Competition

LATE NIGHT Thursday, December 6 || 11:00 pm
GHOST IN THE SHELL (1995)

Saturday Matinee, December 7 || 1:00 pm
MIRACLE ON 34TH STREET (1947)

SOLD OUT Saturday, December 7 || 8:00 pm
CHASTITY BROWN IN CONCERT

Friday, December 8 || 7:30 pm
RING OF KERRY
A Celtic Christmas Celebration

Tuesday, December 10 || 7:00 pm
TUESDAYS WITH LAZERBEAK PODCAST
FEATURING P.O.S.

Thursday, December 12 || 8:00 pm
A CHRISTMAS STORY (1983)
w. Pre-Show Holiday Sing-Along

SOLD OUT Friday, December 13 || 8:00 pm
TINA SCHLIESKE & FRIENDS
Rockin' The Holidays

SOLD OUT Saturday, December 14 || 1:00 pm
THE MUPPET CHRISTMAS CAROL (1992)

Sunday, December 15 || 8:00 pm
CHRISTMAS WITH THE KING
With Anthony Shore

Find tickets & more show listings at ParkwayTheater.com



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JUN 7TH TASTE THE RAINBOW
(MISTRESS MARRA'S BIRTHDAY)
JULY 5TH SINFUL STEAMPUNK
AUG 2ND FOOT & STOCKING FETISH
SEPT 6TH BACK TO SCHOOL
OCT 4TH KINKY COSPLAY
NOV 1ST LEATHER & LINGERIE
(4-YEAR ANNIVERSARY)
DEC 6TH SAINTS & SINNERS

SUNDAY DEC 8TH
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Friday, December 6th
The Cedar Presents
JUDAH FRIEDLANDER
Future President 2019 World Tour
Doors 7PM / Show 8PM / All Ages / Seated
/ \$20 ADV / \$22 DOS

Saturday, December 7th
First Avenue Presents
DAN RODRIGUEZ
All I Want for Christmas is Whiskey Tour
Doors 7PM / Show 8PM / All Ages / Seated Show / \$25 GA

Sunday, December 8th
First Avenue Presents
MOUNT EERIE
with Julie Doiron
Doors 8PM / Show 9PM / All Ages /
Seated Show / \$25 GA

Friday, December 13
The Cedar Presents
BENDELACREME & JINKX MONSOON
All I Want For Christmas Is Attention
VIP Doors 6:30 / Doors 7PM / Show 8PM / All Ages /
Seated Show / \$35 GA / \$100 Center Section VIP

Saturday, December 14th
The Cedar Presents
DAVID ARCHULETA
Doors 7PM / Show 8PM / All Ages / Standing Show /
\$25 ADV / \$30 DOS / \$125 VIP Add On with Meet and Greet

Sunday, December 15th
The Cedar with Mila Vocal Ensemble, Orkestar Bez Ime,
Nomadi, Peter O'Gorman, and KFAl Present
KOLYADA
Winter Songs from the Black Sea
Doors 6:30 PM / Show 7PM / All Ages / Seated /
\$20 ADV / \$25 DOS

416 Cedar Ave S Minneapolis, MN 55454 • 612.338.2674

MUSIC

me,” Johnson says. “That name was Elkin Ernesto Mosquera Guillen.”

While Johnson started making dysphoric basement pop music in 2017, he was also reconnecting with his Colombian birth family. They found his music persona “funny and endearing,” so Johnson wanted his solo project’s name to reflect his rekindled family connection and also his childish sense of humor.

“Elkin is not the most common name, but also just didn’t feel like it stood out enough, either,” he says. “Smellkin is pretty dumb right? Memorable enough and stands out, though, right?”

The Controversial New ‘Skinny Pill’

If you’re looking for word of the new record by the Controversial New ‘Skinny Pill,’ check your spam folder.

That’s where bandleader Skyler Nowinski found the name, and much like the internet snake-oil the title evokes, the Controversial New ‘Skinny Pill’ wasn’t supposed to last.

At the time, the musician was “very, very underemployed” and forming a band to play transition music at a variety show at the Bedlam Theatre. “All the songs were super, super, super short. It was supposed to be a one-time thing, not an official band.”

But the Controversial New ‘Skinny Pill’ has stayed around, playing nearly weekly at the Kitty Cat Klub and releasing an ever-more-ridiculous stream of songs. Still, Nowinski wonders what might’ve become of the band if they’d been named more sincerely.

“It happened to be a phrase I saw a day or two before I had to make a decision about the band name,” Nowinski says. “I like to fantasize that all the emails that would’ve gotten me booked on wildly huge shows are getting filtered out because we have such a terrible band name.”

Yam Haus

The “Yam” in Yam Haus is actually an acronym, standing for “You Are Me,” which helps explain why this pop group’s name sounds like the property of a German spud farmer.

“People think we’re talking about sweet potatoes,” saw singer Lars Pruitt. “So we’ve come up with alternate names, like Sweet Potato Shack and Squash Crib and Gourd Hut.”

The group started out as roommates, and their Hudson house was known as the Yam Haus for its policy on mutual respect. They originally called themselves Afton, for the town across the St. Croix, but they found out that name had already been trademarked. Left with few non-litigious options, they simply took on the house’s name and started spreading the hospitality to their fans.

“I like the ‘You Are Me’ thing,” Pruitt says. “I can get behind it on a heart level.”

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Tim & Barry's Juke Joint

Tuesday, December 10 • 7:30 pm
Curt Obeda & Brian Z

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SATURDAY, DECEMBER 7 • \$12
6 PM (DOOR OPENS AT 5 PM)

Live Flamenco at Mortimer's on December 7
THURSDAY DECEMBER 12
9PM DOORS • \$5 COVER

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Sign-up starts at 6:30, stand-up starts at 7PM and ends at 9PM NO COVER
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DEC 14. She Rock All Ages December Jam!
DEC 14. The Fastplants/Serac/
Psychic Vampire/Huff
DEC 19. Vonnice Kyle // The KEY KIDS //
Ben Cook-Feltz at Mortimer's
DEC 21. Brunch Show
Trash Catties, Brian Herb & the Oaitfoe

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♈ ARIES (March 21-April 19): In composing this oracle, I have called on the unruly wisdom of Vivienne Westwood. She's the fashion designer who incorporated the punk esthetic into mainstream styles. Here are four quotes by her that will be especially suitable for your use in the coming weeks. 1. "I disagree with everything I used to say." 2. "The only possible effect one can have on the world is through unpopular ideas." 3. "Intelligence is composed mostly of imagination, insight, and things that have nothing to do with reason." 4. "I'm attracted to people who are really true to themselves and who are always trying to do something that makes their life more interesting."

♉ TAURUS (April 20-May 20): "I'm drowning in the things I never told you," Famous make-up artist Alexandra Joseph wrote that message to a companion with whom she had a complicated relationship. Are you experiencing a similar sensation, Taurus? If so, I invite you to do something about it! The coming weeks will be a good time to stop drowning. One option is to blurt out to your ally all the feelings and thoughts you've been withholding and hiding. A second option is to divulge just some of the feelings and thoughts you've been withholding and hiding--and then monitor the results of your partial revelation. A third option is to analyze why you've been withholding and hiding. Is it because your ally hasn't been receptive, or because you're afraid of being honest? Here's what I suggest: Start with the third option, then move on to the second.

♊ GEMINI (May 21-June 20): I've got some borderline sentimental poetry to offer you in this horoscope. It may be too mushy for a mentally crisp person like you. You may worry that I've fallen under the sway of sappy versions of love rather than the snappy versions I usually favor. But there is a method in my madness: I suspect you need an emotionally suggestive nudge to fully activate your urge to merge; you require a jolt of sweetness to inspire you to go in quest of the love mojo that's potentially available to you in abundance. So please allow your heart to be moved by the following passage from poet Rabindranath Tagore: "My soul is alight with your infinitude of stars. Your world has broken upon me like a flood. The flowers of your garden blossom in my body."

♋ CANCER (June 21-July 22): Try saying this, and notice how it feels: "For the next 17 days, I will make ingenious efforts to interpret my problems as interesting opportunities that offer me the chance to liberate myself from my suffering and transform myself into the person I aspire to become." Now speak the following words and see what thoughts and sensations get triggered: "For the next 17 days, I will have fun imagining that my so-called flaws are signs of potential strengths and talents that I have not yet developed."

♌ LEO (July 23-Aug. 22): An interviewer asked singer-songwriter Leonard Cohen if he needed to feel bothered and agitated in order to stimulate his creativity. Cohen said no. "When I get up in the morning," he testified, "my real concern is to discover whether I'm in a state of grace." Surprised, the interviewer asked, "What do you mean by a state of grace?" Cohen described it as a knack for balance that he called on to ride the chaos around him. He knew he couldn't fix or banish the chaos--and it would be arrogant to try. His state of grace was more like skiing skillfully down a hill, gliding along the contours of unpredictable terrain. I'm telling you about Cohen's definition, Leo, because I think that's the state of grace you should cultivate right now. I bet it will stimulate your creativity in ways that surprise and delight you.

♍ VIRGO (Aug. 23-Sept. 22): Poet Juan Felipe Herrera praises the value of making regular efforts to detox our cluttered minds. He says that one of the best methods for accomplishing this cleansing is to daydream. You give yourself permission to indulge in uncensored, unabashed fantasies. You feel no inhibition about envisioning scenes that you may or may not ever carry out in real life. You understand that this free-form play of images is a healing joy, a gift you give yourself. It's a crafty strategy to make sure you're not hiding any secrets from yourself. Now is a favorable time to practice this art, Virgo.

♎ LIBRA (Sept. 23-Oct. 22): In accordance with current astrological omens, here's your meditation, as articulated by the blogger named Riverselkie: "Let your life be guided by the things that produce the purest secret happiness, with no thought to what that may look like from the outside. Feed the absurd whims of your soul and create with no audience in mind but yourself. What is poignant to you is what others will be moved by, too. Embrace what you love about yourself and the right people will come."

♏ SCORPIO (Oct. 23-Nov. 21): "I swear I became a saint from waiting," wrote Scorpio poet Odysseus Elytis in his poem "Three Times the Truth." According to my reading of the astrological omens, you may be in a similar situation. And you'll be wise to welcome the break in the action and abide calmly in the motionless lull. You'll experiment with the hypothesis that temporary postponement is best not just for you, but for all concerned.

♐ SAGITTARIUS (Nov. 22-Dec. 21): "My greatest asset is that I am constantly changing," says Sagittarian actress and activist Jane Fonda. This description may not always be applicable to you, but I think it should be during the coming weeks. You're primed to thrive on a robust commitment to self-transformation. As you proceed in your holy task, keep in mind this other advice from Fonda. 1. "One part of wisdom is knowing what you don't need anymore and letting it go." 2. "It is never too late to master your weaknesses." 3. "If you allow yourself, you can become stronger in the very places that you've been broken." 4. "The challenge is not to be perfect. It's to be whole." P.S. And what does it mean to be whole? Be respectful toward all your multiple facets, and welcome them into the conversation you have about how to live.

♑ CAPRICORN (Dec. 22-Jan. 19): You can't escape your past completely. You can't loosen its hold on you so thoroughly that it will forever allow you to move with limitless freedom into the future. But you definitely have the power to release yourself from at least a part of your past's grip. And the coming weeks will be an excellent time to do just that: to pay off a portion of your karmic debt and shed worn-out emotional baggage.

♒ AQUARIUS (Jan. 20-Feb. 18): Aquarian playwright August Strindberg didn't have much interest in people who "regurgitate what they have learned from books." He was bored by stories that have been told over and over again; was impatient with propaganda disguised as information and with sentimental platitudes masquerading as sage insights. He craved to hear about the unprecedented secrets of each person's life: the things they know and feel that no one else knows and feels. He was a student of "the natural history of the human heart." I bring Strindberg's perspective to your attention, my dear one-of-a-kind Aquarius, because now is a perfect time for you to fully embody it.

♓ PISCES (Feb. 19-March 20): "It's no fun being in love with a shadow," wrote Piscean poet Edna St. Vincent Millay. And yet she indulged profusely in that no-fun activity, and even capitalized on it to create a number of decent, if morose, poems. But in alignment with your astrological omens, Pisces, I'm going to encourage you to fall out of love with shadows. The coming weeks will be an excellent time to channel your passions into solid realities: to focus your ardor and adoration on earthly pleasures and practical concerns and imperfect but interesting people.

CROSSWORD

1	2	3	4	5		6	7	8	9	10		11	12	13
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61					62					63				

SPLINTER GROUP

BY BRENDAN EMMETT QUIGLEY

Across

- 1 Feature of “part” or “start”
- 6 Nautical location
- 11 Quick yank
- 14 It’s in the high 70s
- 15 Bug-eyed
- Kafka character
- 16 It starts with enero
- 17 Mind-ripping
- 18 Fighting technique that employs impressive overwhelming power to cripple the enemy
- 20 Still on the shelf
- 22 Hall-of-Famer’s opposite

Cheese-and-ale dish

- 26 Costa ____
- 27 Chest coverings
- 28 “Yeezus” intro?
- 29 Really expensive and high-class
- 31 Some cheesy pies, briefly
- 32 East Flanders metropolis
- 34 Fruity cupfuls
- 35 “My posse is getting things done,” and hint to this puzzle’s theme
- 37 Mix things up
- 39 Plastic
- 40 Plastic ____
- 43 Shop-till-you-drop moments
- 45 Out of the ordinary: Pref.

- 46 Parrot of Agrabah
- 47 “The Reader” actress Lena
- 48 “Almost Famous” writer/director
- 51 Harmful, like fumes
- 53 Threw up
- 54 Lost everything
- 57 “The House of the Seven Gables” setting
- 58 Sustainability prefix
- 59 Coeur d’____ Idaho
- 60 Quaintly corny
- 61 “10Q”
- 62 Canon ratio
- 63 Determined to do

Down

- 1 Former Starbucks CEO Howard
- 2 Bounding spot
- 3 Brief moments
- 4 Bloody Mary and The Virgin Queen, e.g.
- 5 Safe havens
- 6 Donkey’s uncle
- 7 Outburst heard often this time of year
- 8 Facial expression?
- 9 Poofy ties
- 10 Create
- 11 Dark mark?
- 12 Casts off, as a boat
- 13 “I need my space”
- 19 Rub the wrong way
- 21 Sci-fi character that had a sex change in 2017

- 24 Look over
- 25 Utilitarianism philosopher Jeremy
- 30 Hesitant
- 32 “Three Christs” actor Richard
- 33 Pin for an oar
- 35 Tube steak
- 36 Hacker’s coup
- 37 Paint stain
- 38 Container with a rabbit
- 40 Illuminated from behind
- 41 Accept, as terms
- 42 Marine Corps applicants, supposedly
- 43 Shakespeare poem
- 44 Propels with oars
- 46 Getting treatment
- 49 Up until now
- 50 Drying kilns
- 52 “Frozen II” character
- 55 Game with the spin-off Dos
- 56 Energy

Last Week’s Answer

G	A	R	B		O	P	T	S			T	T	F	N
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S	P	E	C			P	I	T	T		E	W	E	S

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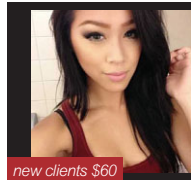
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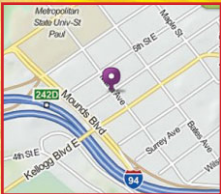
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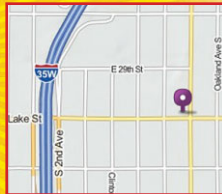
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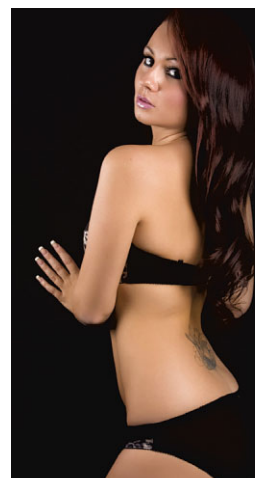
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